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For: Method Of Alleviating Barometric-Induced Symptoms In Airline Passengers

CLAIMS

1 1. A method of alleviating the symptoms of ear and sinus cavity blockage in a
2 descending aircraft, comprising:
3 ingesting a nasal decongestant at least one hour before the scheduled aircraft
4 landing time, for non-specific shrinking of the nasal lining; and
5 applying a nasal decongestant spray into the nose later in flight than the ingestion
6 of the nasal decongestant, to shrink the nasal lining;
7 wherein the ingested and sprayed decongestants help to shrink the mucosa,
8 including at least the nasal lining, to decrease the pain associated with blockage as an
9 aircraft descends.

1 2. The method of claim 1 wherein the ingested nasal decongestant comprises
2 pseudoephedrine.

1 3. The method of claim 2 wherein the pseudoephedrine dose is about 60 mg.

1 4. The method of claim 1 wherein the sprayed nasal decongestant comprises
2 phenylephrine.

1 5. The method of claim 4 wherein the phenylephrine is in up to about a 1%
2 concentration.

1 6. The method of claim 1 wherein the sprayed nasal decongestant comprises
2 oxymetazoline.

1 7. The method of claim 6 wherein the oxymetazoline is in up to about a 1%
2 concentration.

1 8. The method of claim 1 wherein the ingestion step takes place within about six
2 hours of the scheduled aircraft landing time.

1 9. The method of claim 1 wherein the spray step takes place within about one hour
2 of the scheduled aircraft landing time.

1 10. A method of alleviating the symptoms of ear and sinus cavity blockage in a
2 descending aircraft, comprising:

3 ingesting about 60 mg of pseudoephedrine at least one hour before the scheduled
4 aircraft landing time, for non-specific shrinking of the nasal lining; and
5 applying a nasal decongestant spray into the nose after the pseudoephedrine
6 ingestion and within about one hour of scheduled landing time, to shrink the nasal lining;
7 wherein the ingested and sprayed decongestants help to shrink the mucosa,
8 including at least the nasal lining, to decrease the pain associated with blockage as an
9 aircraft descends.

1 11. The method of claim 10 wherein the sprayed nasal decongestant comprises
2 phenylephrine.

1 12. The method of claim 1 wherein the sprayed nasal decongestant comprises
2 oxymetazoline.

1 13. A kit for use in alleviating the symptoms of ear and sinus cavity blockage in
2 descending aircraft, comprising:

3 a first medication comprising an oral nasal decongestant;
4 a second medication comprising a nasal spray decongestant; and
5 instructions for the user to ingest a proper dose of the oral nasal decongestant at
6 least one hour before the scheduled aircraft landing time, and to subsequently spray the

7 nasal spray decongestant into at least one nostril within about one hour of the scheduled
8 landing time;

9 wherein the ingested and sprayed decongestants help to shrink at least the nasal
10 lining, to decrease pain associated with blockage as the aircraft descends.

1 14. The kit of claim 13 wherein the ingested nasal decongestant comprises
2 pseudoephedrine.

1 15. The kit of claim 14 wherein the pseudoephedrine dose is about 60 mg.

1 16. The kit of claim 13 wherein the sprayed nasal decongestant comprises
2 phenylephrine.

1 17. The kit of claim 16 wherein the phenylephrine is in up to about a 1%
2 concentration.

1 18. The kit of claim 13 wherein the sprayed nasal decongestant comprises
2 oxymetazoline.

1 19. The kit of claim 18 wherein the oxymetazoline is in up to about a 1%
2 concentration.

1 20. The kit of claim 13 wherein the instructions comprise ingesting the first
2 medication within about six hours of the scheduled aircraft landing time.